



We'll take care of you!

## Compassionate home health care

**A** & T Moore Health Care is a privately owned and operated home care agency located in Arlington. The agency is committed to providing personal care to help the elderly, disabled, homebound and the younger post-operative patient maintain the highest level of independence.

Audra Moore, RN, BSN, founded the company in 1998 with her husband Tommy, after she could not find a qualified, compassionate service to care for her grandmother. Services offered include:

- **Personal Care** - Personal care refers to bathing, showers, and bed baths. Caregivers can also assist with dressing, foot care/inspection, hair care/shampoo, nail care, oral hygiene, shaving assistance and skin care/lotion assistance.

- **Meal Preparation** - This can include assistance with feeding, encouraging liquids, grocery shopping, and menu planning. It also may include cleaning up after mealtimes, routine feeding tube care (under RN delegation), and the use of thickening agents to assist those with swallowing issues.

- **Mobility Assistance** - We can help with many mobility issues including ambulation (walking), assistance with a cane, walker, wheelchair or other adaptive device. Mobility assistance also refers to transferring with a mechanical lift, slide board or with the gait belt. A & T Moore Health Care staff are trained to work along side therapy in some cases. Caregivers can also assist with range of motion exercises.

- **Elimination Assistance** - This includes assistance with taking or using the commode and may include reminders for our clients who may have some cognitive impairment. Elimination Assistance may come in the form of: getting up and down from the toilet or bedside commode, routine catheter care (emptying the bag), replacement of a condom catheter or Liberty catheter system, routine colostomy care, and assistance with incontinence products.

For more: [atmoorehealthcare.com](http://atmoorehealthcare.com)



## A holistic approach to better health

**A**re you suffering from pain? Is a chronic disease or illness taking a toll on your life? Arlington Chiropractor Dr. Kenyon Godwin and his team have one ultimate goal: to make sure you get results.

At Active Family Wellness Center, we often see people with headaches, neck pain, herniated discs, sciatica or prenatal and pediatric concerns. We treat folks of all ages: infants with colic just starting out in the world, adults who wish to experience everyday wellness, and seniors who wish to feel active and mobile throughout their golden years.

We help the whole family.

Our patients love the experience they have with us at every visit. Our number one core value is five-star service. We strive to exceed your expectations from the moment you call us. When you arrive, we'll give you an office tour and offer you a beverage. People love that they can sit down one-on-one with Dr. Godwin and know he will listen carefully to their concerns. In our upbeat and positive environment, you'll feel hopeful, perhaps for the first time in years. We love getting to know you and take all the time necessary to give you the attention you deserve.

Dr. Godwin graduated from Parker University in August 2010. Just two months later, he opened Active Family Wellness Center. With his faith to guide him, he created a center for wellness. As time went by and his practice grew, he opened a second location.

There is an Active Family Wellness Center in both North and South Arlington to better serve you. In addition to chiropractic, the full suite of services available includes massage therapy, spinal decompression, weight loss programs, functional medicine, functional fitness and rehabilitation. Our purpose is specific and simple, yet profound. We believe that you deserve to have freedom to pursue your God-given purpose without limitations.

For more: [txwellnessdoc.com](http://txwellnessdoc.com)



We'll take care of you!

## A hospital with a rich local heritage

**T**exas Health Arlington Memorial Hospital has a storied history in North Texas. As a Level IV Trauma Center, Cycle III Chest Pain Center and Primary Stroke Center, we offer the communities of Arlington, Kennedale, Pantego, Mansfield and Grand Prairie advanced life-saving care close to home. The hospital is also certified by the Texas Department of State Health Services as a Level III Neonatal Intensive Care Unit, providing specialized care to our tiniest patients.

Texas Health Arlington Memorial Hospital is a 369-bed, acute-care hospital that is ranked among the best hospitals in Dallas-Fort Worth by *U.S. News & World Report*.

With a mission of improving the health of the people in the community, the hospital and physicians on its medical staff are committed to every patient's well-being.

Texas Health Arlington Memorial offers the gamut of health care services, including behavioral health; cancer care; cardiac rehabilitation; Diabetes care; digestive health; emergency department; ear, nose and throat care; fitness center; heart and vascular; hospice care; imaging; neurosciences; nutrition; orthopedics; rehabilitation; respiratory therapy; sports therapy; women and infants care and wound care.

In addition to the aforementioned services, Texas Health Arlington Memorial Hospital fortifies its bond with the community by offering regular classes focusing on childbirth education, including instruction on prepared childbirth and breast feeding, as well as offering car seat safety appointments.

The hospital has received acclaim on many fronts. Notably, Texas Health Arlington Memorial Hospital received the Joint Commission's Gold Seal of Approval for Fragility Fracture Certification, the first health care facility in the country to receive such distinction.

For more: [texashealth.org/locations/texas-health-arlington-memorial#](http://texashealth.org/locations/texas-health-arlington-memorial#)



## Comprehensive hearing health care

**F**or more than 35 years, the Doctors of Audiology at Kos/Danchak Audiology & Hearing Aids have continued to strive to improve the quality of life for those in need of hearing health care. We provide comprehensive and individual hearing health care, while building long-term relationships with our patients and their families based upon honesty, integrity, and respect.

Dr. Melissa Danchak is the owner of the practice. She began working at Kos/Danchak Audiology in 1997 and has owned the practice since 2002. Dr. Danchak earned her Doctorate of Audiology (Au.D.) through the University of Florida, her Masters in Audiology at The University of Texas at Dallas, and her Bachelors in Communication Disorders at Abilene Christian University.

With more than 21 years of experience in helping those with hearing challenges in the Arlington and surrounding communities, Dr. Danchak is passionate about providing unparalleled care and service for her patients.

She is joined at the practice by Dr. Desiree Wood and Dr. Emily Bodish, who help establish Kos/Danchak as one of the region's foremost resources for solutions pertaining to hearing health care.

Kos/Danchak provides the following audiology and hearing aid dispensing services:

- Complete hearing tests
- Earwax removal
- Hearing aid evaluations, selection and fittings, rehabilitation and counseling
- A full line of hearing instruments
- Repair and service for all brands and models of hearing aids
- Hearing protection, musicians' monitors and swim molds
- Assistive listening devices

We also provide a Complete Hearing Health Care Package at no additional cost with the purchase of a hearing aid. This is the most comprehensive service package in the area.

For more: [northtxhearing.com](http://northtxhearing.com)

**We'll take care of you!**

## Ever evolving to serve its patients

**M**ethodist Mansfield Medical Center, a 262-bed acute care hospital, has been proud to serve the community nearly a decade and a half while it continues to expand to meet patients' needs. Here are just a few of the hospital's more recent enhancements.

The Breast Center at Methodist Mansfield last year was relocated to the Professional Office Building on the hospital's 23-acre campus. In this beautiful tranquil facility, a multidisciplinary team of healthcare providers offer breast imaging services, women's health services, bone density scans, and pelvic health therapy – all under one roof.

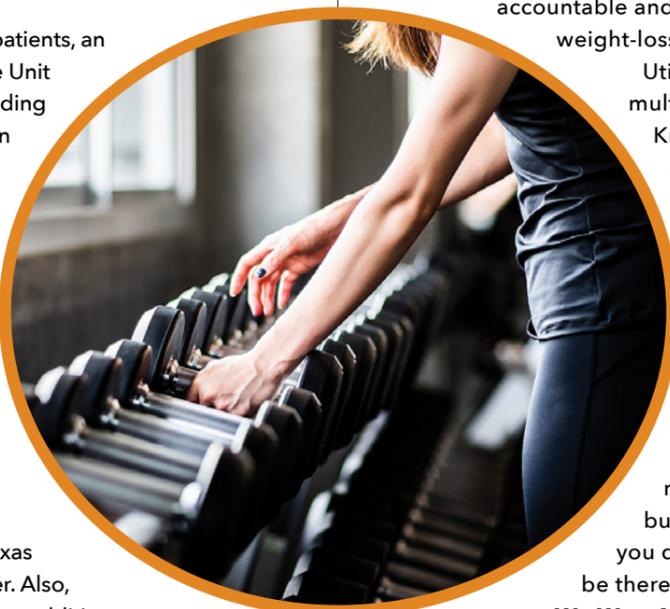
To enhance care for our smallest patients, an \$8.7 million Neonatal Intensive Care Unit expansion opened a year ago, providing a neonatal procedure room, lactation center, and newborn clinic. The advanced facility also boasts robotic telemedicine services, the AngelEye camera system for enhanced security, a respiratory therapy work area, and rooms for parents with an adjacent laundry unit and family lounge.

The recently completed 82,000-square-foot, four-story Professional Office Building II on the south campus is home to family medicine physician practices and Texas Oncology - Methodist Cancer Center. Also, an ambulatory surgical center is a new addition to the MMMC mix.

In addition to the latest medical advancements, Methodist Mansfield has achieved exceptional patient safety scores. Methodist Mansfield has received the highest rating possible by The Leapfrog Group\*.

Methodist Mansfield is part of Dallas-based Methodist Health System, which became the first Texas member of the Mayo Care Clinic Network. This network gives physicians at Methodist Mansfield the opportunity to consult with Mayo Clinic physicians on behalf of their patients.

For more: [methodisthealthsystem.org/methodist-mansfield-medical-center](http://methodisthealthsystem.org/methodist-mansfield-medical-center)



## A great way to go from **THIS** to THIS

**D**iet Solution Centers began in Mansfield in 2011 with a mission to help the community get healthy and lose excess weight. In just a decade DSC has expanded to Burleson, Pantego, and Waxahachie.

It's not difficult to figure out why. DSC is a medically monitored weight loss program that specializes in you. Led by founder Dr. Richard Knight, the team at Diet Solution Centers has a ZERO POLICY: ZERO gimmicks and ZERO prepackaged meals. We are here to keep you accountable and cheer you on throughout your weight-loss journey.

Utilizing what he has learned in a multifaceted career in medicine, Dr. Knight has a desire to practice and promote health and wellness in his patients. He was the initial physician with Diet Solution Centers and returned in November 2016 to assist clients with their wellness goals. To that end, he says he and the DSC team are guided by a pair of common values: **We Value Integrity:** We will never lie to you to get your business or get you to buy a product you don't need. You can rely on us to be there for you, even after hours.

**We Want You to Succeed:** We want you to be the best version of yourself. We are here to help you. We will always answer every question you have. We have consultants available constantly. We encourage phone calls while you are out grocery shopping. After hours, consultants can be reached through Facebook and Instagram.

Clients can expect compassionate help at DSC. They get weekly energy and vitamin injections, individualized counseling and FDA approved medications.

"There are no prepackaged foods to worry about and we even encourage you to eat out," Dr. Knight says

For more: [dietsolutioncenters.com](http://dietsolutioncenters.com)

SPECIAL ADVERTISING FEATURE

### Three Ways to Hit Reset on Your Health This Summer

Summer is officially here, bringing warmer weather and longer days for Texans to enjoy. As you take advantage of these long-awaited summer days, it's important to focus on staying healthy. Here are three ways to hit reset on your health.

**Get moving.** Whether you prefer biking, gardening, walking, or yoga, it's important to get active. Incorporating regular physical activity into your daily routine can reduce your risk for several major cancers, as well as improve quality of life for those already fighting cancer. Make time to get moving every day.

**Overhaul your diet.** Stock your pantry with healthy staples, make it a point to plan meals in advance, and bulk up your soups and salads with hearty vegetables. Your body and your mind will thank you.

**Stay in touch.** Approximately 81% of people with cancer have limited their contact with others to reduce their risk of contracting COVID-19, according to the American Society of Clinical Oncologists. Stay in touch with family and friends, and find ways to safely provide support to one another.

Adopting a healthy lifestyle doesn't mean changing everything overnight. By starting with small, intentional changes in your daily routine, you can create lasting healthy habits. Start small, see what works for you, and commit to taking an active role in your health this summer.

For more information, visit [TexasOncology.com](http://TexasOncology.com).



**TEXAS ONCOLOGY**  
More breakthroughs. More victories.®

We'll take care of you!

## Learn the art (and science) of Pilates

The Pilates Effect is a fully equipped Pilates Studio dedicated to the overall well being of its clients. It is located in the heart of Arlington, minutes from downtown at the Shoppes at Brownstone Village (2410 W. Abram, Suite 112).

The goal at The Pilates Effect is to increase clients' quality of life and to develop all muscles, transforming their body to the fullest, achieving personal fitness goals and improving your everyday physical lifestyle. By only focusing on the superficial larger muscle groups, there are so many deep muscular stabilizers beneath not being developed or utilized.

By concentrating on these muscles using the Pilates principles, over time you will create stronger, leaner muscles, improving posture, increasing core strength, mobility and stability creating benefits you will see in your everyday life.

The Pilates Effect was founded by Cami Green. Always highly active, she turned to Pilates in 2008 and practiced up to four days a week as a student at a small studio. Her passion for Pilates grew and led her to a STOTT PILATES® certification, after which she decided to share her zeal for this unique fitness program with others.

Green and her team of instructors offer a range of classes at their studio, featuring exercises using special apparatuses, designed to improve strength, flexibility, posture and mental awareness.

Reformer Group Classes are offered to people of all fitness levels and provide impact-free spring retention strengthening exercises. The Pilates Effect team uses STOTT PILATES® top-of-the line Reformers with Towers and the Stability Chair. These all add more challenging and varied types of exercises to expand your repertoire of balancing, strengthening and toning exercises. The Pilates Effect also offers private, one-on-one sessions tailored to the individual client's needs and goals.

For more: [thepilateseffect.com](http://thepilateseffect.com)



## Helping you get around with ease

When getting around is getting difficult, expert help is right around the corner. Baylor Scott & White Orthopedic and Spine Hospital - Arlington specializes in providing comprehensive outpatient and inpatient treatment of orthopedic and spine disorders.

For everything from simple back or neck strains to the most complex spine and back surgeries, Baylor Scott & White - Arlington combines exceptional care with personal attention and compassion. At the only orthopedic surgery and specialty hospital of its kind in Dallas/Fort Worth, we bring experts close to home.

Baylor Scott & White - Arlington's 24-hour emergency department is always ready to handle sudden pain or injuries, while our technologically advanced operating rooms help our physicians deliver the highest level of surgical care. Extensive diagnostic imaging includes CT, MRI, X-ray, arthrograms and myelograms.

We offer minimally-invasive treatments for hips, knees, shoulders and spine, or, if indicated by the diagnosis, full joint replacements and complex spinal surgery.

We are committed to providing the utmost in care and comfort for all of our patients. Our focus is on delivering quality, specialized treatment that is compassionate and specifically appropriate for each individual under our care. From our attentive and caring staff to our specialty trained doctors, you'll be under the best care available and back to doing what you love in no time.

The hospital is devoted to providing guests with the latest in advanced technology including the new ROSA® Knee robotic technology. With a state-of-the-art multi-stage air filtration system that kills viruses in the air, the hospital provides an optimal environment for all patients.

For more: [bswarlington.com](http://bswarlington.com)

## Wellness for the Whole Family Your Personal Wellness Specialist

Our goal is to see families living their best lives with great health; mentally, spiritually, and physically!

NOW TWO LOCATIONS!

Active Family Wellness Center South

4927 S. Collins, Suite 105  
Arlington, Tx 76018

817-557-2770

Active Family Wellness Center North

4120 N. Collins St., Suite 200  
Arlington, Tx 76005

817-618-6730



WELLNESS CENTER

[www.txwellnessdoc.com](http://www.txwellnessdoc.com)



STAY HEALTHY IN THE COMFORT OF YOUR OWN HOME!  
GIVE YOURSELF THE GIFT OF REST, RELAXATION AND RECOVERY!



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[INFO@LURACO.COM](mailto:INFO@LURACO.COM)

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